



Cherry Hand Pies



Vegetarian



Dairy Free

READY IN



180 min.

SERVINGS



9

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cherries fresh frozen pitted stemmed
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.7 cup cherries dried
- ☐ 1 large egg white
- ☐ 0.1 teaspoon kosher salt
- ☐ 14 ounce all-butter puff pastry thawed (preferably Dufour)
- ☐ 1.5 teaspoon sugar raw
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon vanilla extract

Equipment

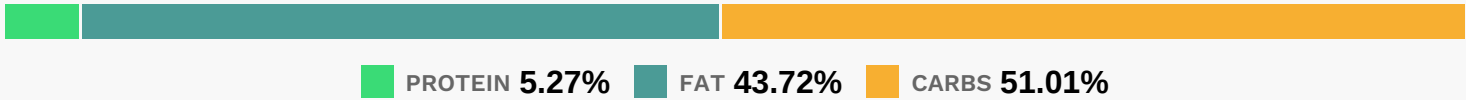
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pizza cutter

Directions

- ☐ Line a large rimmed baking sheet with parchment paper. Stir cornstarch and 1 1/2 tablespoons cold water in a small bowl to blend.
- ☐ Combine fresh cherries and next 4 ingredients in a large saucepan. Cook over medium heat, stirring occasionally, until cherry juices are released, about 5 minutes.
- ☐ Add cornstarch mixture; bring to a boil, stirring often.
- ☐ Remove from heat and let cool to room temperature, stirring occasionally.
- ☐ Roll out pastry on a lightly floured surface to an 18x15" rectangle. Using a sharp knife or pizza cutter, cut dough into nine 6x5" rectangles.
- ☐ Whisk egg white and 1 tablespoon water in another small bowl for egg wash.
- ☐ Working with 1 pastry rectangle at a time, place on a work surface and brush edges with egg wash. Scoop 3 tablespoons cherry mixture onto one side; fold dough over filling so that short ends meet, forming a 5x3" packet. Crimp edges with a fork to seal. Using a sharp knife, cut a few slits in top of pie to vent.
- ☐ Place on prepared baking sheet; repeat with remaining dough and filling.
- ☐ Brush tops with egg wash, then sprinkle with raw sugar. Chill for 30 minutes. Preheat oven to 375°F.
- ☐ Bake pastries until tops and bottoms are golden brown, 30–40 minutes.

- ☐ Let cool for 10 minutes on baking sheet.
- ☐ Transfer to wire racks; let cool completely. DO AHEAD: Can be made 1 day ahead.
- ☐ Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:19.46, Inflammation Score:-4, Nutrition Score:5.2626086831417%

Flavonoids

Cyanidin: 9.26mg, Cyanidin: 9.26mg, Cyanidin: 9.26mg, Cyanidin: 9.26mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 344.56kcal (17.23%), Fat: 16.91g (26.01%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 42.21g (15.35%), Sugar: 20.73g (23.04%), Cholesterol: 0mg (0%), Sodium: 149.92mg (6.52%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Protein: 4.58g (9.16%), Selenium: 11.51µg (16.44%), Vitamin B1: 0.18mg (12.27%), Manganese: 0.24mg (11.98%), Vitamin B3: 1.89mg (9.46%), Vitamin B2: 0.15mg (9.03%), Folate: 35.77µg (8.94%), Fiber: 2.16g (8.65%), Iron: 1.4mg (7.79%), Vitamin K: 7.74µg (7.38%), Vitamin A: 338.81IU (6.78%), Copper: 0.07mg (3.57%), Phosphorus: 33.66mg (3.37%), Potassium: 102.08mg (2.92%), Magnesium: 10.94mg (2.74%), Vitamin C: 2.15mg (2.6%), Vitamin E: 0.26mg (1.73%), Zinc: 0.26mg (1.73%), Calcium: 17.02mg (1.7%), Vitamin B6: 0.02mg (1.23%)